

Exercise in Middle East Aims at Building Peace

By Cpl. Fenton Reese
U.S. Marine Corps Forces Central Command

ABU DHABI, United Arab Emirates — More than 150 dignitaries and representatives from 29 nations gathered at Al Dhafra Air Base, Feb. 6 to observe law enforcement, customs, military and other interagency personnel from participating nations conduct a Proliferation Security Initiative capabilities demonstration, the culminating event for Exercise Leading Edge 13.

The UAE co-hosted LE 13 with the United States. The biennial exercise, which ran from Jan. 27 to Feb. 8 at various locations in UAE, is a U.S. Central Command executed and interagency supported multilateral, PSI exercise. More than 40 exercises and associated workshops incorporating PSI activities have been conducted since 2003, marking LE 13 as a 10th anniversary PSI event.

“Leading Edge is an important tool in the success of PSI,” said UAE Brig. Gen. Yahya Khadim Buamim, UAE Leading Edge 13 director. “This exercise is another brick in building peace.”

PSI is a global effort that aims to stop the trafficking of WMD, their delivery systems, and related materials and is intended to reinforce and complement, not replace other nonproliferation mechanisms.

“PSI is a goal of like-minded, peace-loving countries around the world,” said Buamim. “It is innovative and effective.”



Photo by Cpl. Bobby J. Gonzalez

U.S. Marine Corps Pfc. Dustyn Osbourne, Maritime Raid Force, 15th Marine Expeditionary Unit, scans the area for threats during gas and oil platform seizure training during Exercise Leading Edge 13, Feb. 7. The exercise is a multinational and interagency supported exercise designed to develop and refine weapons integration capabilities among partnering nations including suspect maritime material inspections, seizure and disposition. The 15th MEU is deployed as part of the Peleliu Amphibious Ready Group as a U.S. Central Command theatre reserve force, providing support for maritime security operations and theatre security cooperation efforts in the U.S. 5th Fleet area of responsibility.

According to Buamim, attending nations benefited from the strengthening of friendships and partnerships and improved interoperability among partner nations and future endorsers and signatories.

“We have gained much from this exercise. The number one benefit is having the opportunity to share experiences and strategy with all our partner nations,” said Qatari Col. Ibrahim Mohammad Al-Marzooqi. “Seeing and doing the demonstrations will make any real situation easy. This exercise has also allowed us to build stronger relationships for further efforts.”

The exercise consisted of two main portions, a series of Field Training Exercises and a Table Top Exercise for operational and executive leadership. Field exercises provided tactical law enforcement, crisis response and military

EXERCISE Page 5



Photo by MC1 (SW/AW) David R. Krigbaum

Mirza Henderson, director of Navy College Office Bahrain, with the 2012 Center for Personal and Professional Development Performance Award for best small staff.

Navy College Office Wins Performance Award

By MC1 (SW/AW) David R. Krigbaum
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Navy College Bahrain recently won the Center for Personal and Professional Development (CPPD) Performance Quality Award in the small staff category. Navy College Office (NCO) Bahrain, provides educational services to the U.S. Naval Forces Central Command area of responsibility.

In Fiscal Year 2012 NCO Bahrain conducted 150 briefings for more than 5,000 customers in Bahrain as well as deployed service members in Afghanistan, Iraq, Kuwait, Oman, Pakistan, Qatar, Saudi Arabia, and Yemen. The office had a 98 percent enrollment completion rate, with more than 268 college graduates. Mirza Henderson, NCO Bahrain director said that though they are a Navy College Office, NCO Bahrain provides service to personnel in all military branches.

“This is an amazing level of customer service, especially considering the office staff consisted of one person for most of 2012,” said Dr. Mary Redd-Clary, director of the Voluntary Education program, which is administered by CPPD. Henderson was the lone permanent member of NCO Bahrain for most of the fiscal year, and was recently awarded the Navy Superior Civilian Service Award for her work.

“We’re proud of this achievement [Performance Award],” said Henderson. “I say we because it’s a collaboration of team members that makes it possible.” NCO Bahrain’s success was made possible with help from many benefactors both within the Navy College network and onboard Naval Support Activity Bahrain.

NCO Page 5



Photo by Cpl. Fenton Reese

A U.S. military service member observes United Arab Emirates and Italian exercise participants perform security techniques during a Visit, Board, Search and Seizure rehearsal at the Port Zayed area in Abu Dhabi, UAE as part of Exercise Eager Lion 13, Jan. 31. LE 13 is a multinational supported exercise designed to strengthen tactical proficiencies in critical mission areas of Weapons of Mass Destruction interdiction.

INSIDE

- 3 - CHAPLAIN'S CORNER
 - FROM THE DESK OF THE COMMAND MASTER CHIEF
 - CUBICLE WORKOUTS
- 4 - LEGAL CORNER
- 5 - NSTC TARGETS SAPR-F AND L TRAINING FOR ALL
 - PHOTO FROM THE FLEET
- 6 - MWR EVENTS & INFO



SMART PARENTING WORKSHOP AT
NSA BAHRAIN, P. 2



WORTH THE 'WEIGHT', P. 4



NAVY ANNOUNCES SELECTION OF
NEWEST CMCs AND CSCs, P. 4

THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain

Smart Parenting Workshop at NSA Bahrain

Story and photos by Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Fleet and Family Support Center (FFSC) in conjunction with Naval Branch Health Clinic (NBHC) Bahrain organized a parenting workshop at Naval Support Activity (NSA) Bahrain, Feb 12.

This parenting workshop targeted new parents and those who are expecting.

"This workshop is the first in a series and is geared to parents of 0-6 month old babies," said FFSC Work and Family Life Programs Manager Terri Johnson-Salter.

The workshop offered information to help new parents understand the essential care of newborn babies.

"We want to assist the parents in the community and give them, not only resources and tips, but also a network of other parents who are going through similar things and find friendships and bonds that can help them with their time here in Bahrain," said Johnson-Salter.

The workshop discussed many topics including baby dental, immunizations, hygiene, bonding, temperature taking, fire

prevention and safety measures.

NBHC Bahrain's Health Promotion & Wellness Coordinator Cmdr. Christine Ward thinks there are around eight to ten topics new parents should be aware of when it comes to taking care of a newborn baby.

"We talked about car safety, feeding, sleeping, crying and what are the signs and symptoms of illness in a newborn," said Ward. "A baby does not come with a set of rules or guidelines, but we, as a medical team here, need to be there for the parents to help them get through those first six months and show them how to take care of a newborn child so it's less scary."

The workshop also provided attendees with supportive handouts and books on parenting.

"To know that the Navy provides resources like this for a new parent is awesome," said Mass Communication Specialist 2nd Class Derek Sanchez. "I found out that a lot of the information I learned will be very useful and a lot of it was new to me."

For more information on FFSC upcoming events please call 439-4046.



Naval Support Activity (NSA) Bahrain Branch Medical Health Promotion and Wellness Coordinator Cmdr. Christine Ward talks about new born babies health care at the Parenting Workshop organized by Fleet and Family Support Center (FFSC) at NSA Bahrain.



the Bahrain DESERT TIMES

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www.cnic.navy.mil/bahrain

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MILITARY SAVES WEEK EVENTS

Sun 24 Feb:	BGCA Money Matters Club (grades 7-12) @The Teen Center 1600-1700
Mon 25 Feb:	Let's Talk TSP @ Liberty Center 1100-1200
Tue 26 Feb:	Family Financial Planning Workshop @ Teen Center (Ages 6-10) 1700-1730 (Ages 11-18) 1730-1800 Parents 1800-1830
Tue 26 Feb:	Developing Your Spending Plan 0930-1030 FFSC Annex, Bldg. 109
Wed Feb 27:	Budget 101 @ The Liberty Center 1100-1200
Thurs. Feb 28:	Liberty Center Poker Run @ The Liberty Center 0900

For more information contact Youth Center: x4901 or Liberty Center at x3192





Chaplain's Corner

She Was a Barnstormer



By Cmdr. Brent Johnson, CHC, USN

You could not help but notice them, sitting together near the back of the church, all dressed in their Sunday best and enjoying being together as friends. I was an assistant pastor at a church in Wilsonville, Oregon, a bedroom community south of Portland, and the corner group was made up of retirees who came to the morning service. They were men and women in their seventies and eighties, and they always were lively, talkative, and full of greetings for anyone who sat around them. They were almost another youth group, only they belonged to AARP rather than the High School band.

One day after services they were laughing louder than usual, telling stories about each other and I wandered over to listen in on them. It turns out they were all aviation pioneers. Two of the men were test pilots for the original skunk works in Southern California; all had flown airplanes during the thirties and forties. Several of the ladies were WASPs (Women Airforce Service Pilots) delivering war planes to Army air bases in WWII. One demure, graceful woman sitting in the center of the group was the focus of most of the story telling, for the most part told by her admiring husband. She was a Barnstormer in the Twenties, flying from field to field putting on air shows for people in small towns, and had once chased Charles Lindbergh off of a farm where she already had a crowd lining up for cheap rides in her plane.

I listened as these old veterans of aviation told of flying in bad weather in the days before radar, climbing into experimental aircraft that no one had flown yet, or trying out tricks with their planes. The demure barnstormer was the

first woman to ever fly an airplane under the I-5 Bridge over the Columbia River between Portland, Oregon and Vancouver, Washington. Up until I heard those stories they were merely a group of oldsters who happened to attend the same church where I was on staff. I realized how easy it is to walk in the presence of great people and not even know their stories.

Listening to someone's story is an act of hospitality. Hospitality is a missing element in so many of our church communities today. People seem to regretfully brush shoulders with others who "happen" to be in the same pews on a given Sunday, and few express genuine hospitality to those they meet. There are three reasons given in the Bible why followers of Christ are to be hospitable to anyone they meet.

The first is because all people are made in the image of God, and to fail to give hospitality to someone is the same as denying hospitality to God. In the Book of Matthew: 25:45 Jesus tells a group of listeners, "I tell you the truth, whatever you did not do for one of the least of these, you did not do for me."

The second reason is because we are neighbors. No one lives in true isolation from the rest of humanity, and the only reliable source of community care is the neighbor. Again, In the Book of Luke: 10:25 -37, Jesus tells his listeners who are our neighbors are and the requirement for hospitality when he relates the story of the Good Samaritan. The Samaritan, even though a foreigner, is a true neighbor because he cared for an injured stranger.

The third reason is that in showing acts of hospitality to people equally, no matter their apparent place in our community, we are sharing in the redemptive work of God in this world. Paul, in his Letter to the Romans: 12:13, places in hospitality in the context of sincere love. We "practice hospitality" as he puts it, carrying out a ministry as living sacrifices in the worship of God. Paul actually writes out verse thirteen as a command to Christians who read his letter. Hospitality is a command we follow joyously.

I am so glad I walked up and listened to that happy group of retirees and met the lady barnstormer after the church service. I never look at retirees the same way anymore, and I always strive to view people as neighbors.

Exercise and Illness

By Cmdr. Christine Ward

Health Promotions and Wellness Department
Coordinator

Can staying fit also strengthen immunity? According to the American Council on Exercise (ACE) and numerous studies, the answer is yes.

What is the exercise-immunity connection? During moderate-intensity exercise, immune cells circulate through the body more quickly and are better able to fight infection.

Studies show that 45 minutes of moderate exercise, such as walking or light jogging on most days of the week, may reduce your risk of getting sick by up to 50%. People who exercise regularly reported having fewer colds, according to ACE.

ACE offers these tips to boost immunity:

- Eat a well-balanced diet
- Lose weight safely, obtain a coach from health Promotions
- Get enough sleep.
- Exercise 30-60 minutes six days a week
- Avoid overtraining and chronic fatigue, which can stress your body and have the opposite effect on the immunity response.

If you are sick, exercise cautiously -



U.S. Navy photo

when in doubt check with your health care provider. Avoid exercise if you have symptoms such as chest pain, chest congestion, respiratory infections, fever, swollen glands, dizziness. If you are recovering, resume physical activity gradually to avoid a relapse of illness. Drink at least 64 ounces of water daily to stay hydrated, wash your hands often and think positive, healthy thoughts!

From the Desk of the Command Master Chief



By CMDCM Ed Lambert

NSA Bahrain Command Master Chief

Shipmates,

Do you know hard charging Sailors who would be interested in becoming a

Navy Counselor? Currently the NC Community is looking to make 81 active-duty NC's this year. Now is the time to improve the health of the NC community by adding front-running Sailors! Applicants must be active duty first and second class petty officers with six to 14 years of active Naval service; have no marks below 3.0 in the previous three years performance evaluations; have an ASVAB test score of VE+AR=105, minimum 50 AR; have at least 12 consecutive months experience as a command, departmental or divisional career counselor during the previous three years prior to application date.

Additional guidance is outlined in MILPERSMAN 1440-020. Further questions can be answered at (901) 874-2499 (DSN 882).

IG HOTLINES

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Complaints & Improper Mental Health Referrals to one of the following:

CNREUAFSWA Inspector General (NSA Bahrain)

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: ighotline@eu.navy.mil

Website: <http://www.cnrc.navy.mil/Europe/About/RegionalDepartments/InspectorGeneral>

NAVCENT Inspector General

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: ig.hotline@me.navy.mil

Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: NAVIGHotlines@navy.mil
Website: <http://www.ig.navy.mil>

United States Army Inspector General

Telephone #: 703-695-1500 DSN: 312-225-1500

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Worth the 'Weight'

By Cpl. Fenton Reese
U.S. Marine Corps Forces Central Command

NAVAL SUPPORT ACTIVITY, Bahrain — After nearly five months of renovation, weight watchers, weight lifters and all those in between can rejoice, as the Naval Support Activity Bahrain Souq Fitness Center reopens with more space and new machines.

"It feels good to be back here. It is convenient, there is no more wasted travel time walking to the other spot, it's cleaner and there is better ventilation," said Marine Sgt. Adam Bicknell. "It's just all the way better."

In November, the fitness center was temporarily relocated to the old gym, adjacent to the bowling alley.

The temporary location drew mixed feelings from those who frequented the gym, however, all those who used the facility said they preferred the old location in the Freedom Souq for its convenience, more than anything, said Crizaldo Estares, NSA Bahrain Recreational assistant.

"Some people preferred the space in the

other area, but it seems the convenience of this location [Freedom Souq] outweighs that," said Estares.

"The space makes a little difference, but not a lot. The revamped location is a bit tighter than the old gym, but honestly it's a negligible difference," said Bicknell.

With the reopening of the Souq location, Estares and Bicknell said they see a clear increase in gym attendance.

"There are definitely more people in the gym now. I go at lunch time and after work and I have noticed an increase in people," said Bicknell. "I think it's because it's just more convenient for everybody."

"There are definitely more people, since the reopening," Estares added. "It's convenient, new floors, more space, and we have some new machines."

In addition to the extra space and new floor; NSA Bahrain added new machines to the equation, including new power racks, a bicep and tricep pulldown and curl combination machine, a new multifunction upper



Photo by MC1 (SW/AW) David R. Krigbaum

Members of the Naval Support Activity Bahrain community make use of the newly renovated base gym.

body machine and a body calculation exercise machine.

"I am more of a free-weight kind of guy, but I have definitely noticed the new equipment," said Bicknell. "I am very satisfied

with the new gym and glad to be back."

Members of the NSA Bahrain community can, once again, enjoy the convenience of the NSA Bahrain Freedom Souq Fitness Center.

Navy Announces Selection of Newest CMCs and CSCs

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — Results from the Fiscal Year 2014 Command Master Chief (CMC) and Command Senior Chief (CSC) Selection Boards were released Feb. 15.

More than 140 active duty and Reserve senior enlisted Sailors were selected by the FY-14 selection board.

The Command Master Chief and Command Senior Chief Programs are intended to ensure Sailors are effectively led and developed. Senior enlisted leaders selected for these programs are responsible for leading the alignment efforts of the

chief's mess with the Navy ethos, Navy core values, and the MCPON's mission, vision, and guiding principles.

CMCs and CSCs are also charged with ensuring active communication throughout the chain of command and report directly to their respective commander or commanding officer.

They advise their respective commander or commanding officer and provide input in the formulation, implementation, and execution of policies concerning morale, welfare, job satisfaction, discipline, utilization, family support, and training of enlisted Sailors, as well as providing input and

advice in matters affecting mission and operations as required.

CMC and CSC selection boards convene annually. The board reviews and selects the best qualified applicants for assignment into the CMC and CSC program.

Upon selection and receipt of orders for assignment as CMC, master chief petty officers' ratings will be changed to CMDCM. Senior chief petty officers filling

CSC billets will retain their source rating.

Master chiefs and senior chiefs selected into the CMC/CSC program will be assigned by the CMC detailer based on billet availability, experience, qualifications, and desires.

For a complete list of selectees read NAVADMINS 031/13 and 032/13. To learn more about the CMC and CSC programs read OPNAVINST 1306.2F.



Photo by MC2 Armando Gonzales

Command Master Chief Ernest Belmares, from Dallas, inspects a rack aboard the Ticonderoga-class guided-missile cruiser USS Mobile Bay (CG 53) during his weekly inspection of berthing spaces. Mobile Bay is deployed with the John C. Stennis Strike Group to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions for Operation Enduring Freedom.



LEGAL CORNER

LT Candace Holmes, JAGC, USN

Legal Assistance Attorney

KNOW YOUR RIGHTS: The Servicemembers' Civil Relief Act (SCRA)

The SCRA provides a wide range of protections for active duty servicemembers, eligible reservists and National Guard members. The SCRA is intended to temporarily postpone or suspend all administrative agency proceedings and all civil judicial proceedings (e.g. child support/custody cases, lawsuits, etc.) in order to enable servicemembers to devote full attention to their military duties. Please note that the SCRA does not apply to criminal proceedings, including traffic violations!

What the SCRA can do for you:

- **Stay of proceedings:** Under the SCRA, you can obtain a "stay" or delay of proceedings in a pending legal action if your ability to prosecute or defend is "materially affected" by your active duty service. Our office can draft these letters for you.
- **Default Judgments:** If a default judgment is entered against you, the judgment may be reopened under certain circumstances.
- **Installment contracts and leases:** Automobile leases entered into while on active duty may be terminated if the servicemember received deployment orders or PCS orders to a location OCONUS.
- **Termination or suspension of cell phone contracts:** If you are deployed overseas for at least 90 days or received PCS orders, you may cancel or suspend cell phone contracts without early termination or reactivation fees.
- **Reduction of interest rate to 6%:** Interest in excess of 6% on pre-service obligations by the servicemember must be forgiven and requires recalculation of monthly payments.
- **Insurance:** Your private life insurance policy is protected against lapse, termination, or forfeiture for non-payment of premiums for the period of military service and two years thereafter.

If you have any questions about this topic or wish to consult with an attorney regarding your SCRA issue, please contact our front desk at 439-4237.

NSTC Targets SAPR-F and L Training for All

By Scott A. Thornbloom

Naval Service Training Command Public Affairs

GREAT LAKES — Naval Service Training Command (NSTC) is coordinating with 98 percent of the Navy's initial accessions of officer and enlisted men and women to complete the Chief of Naval Operations-mandated Sexual Assault Prevention and Response (SAPR) Fleet and Leadership (F and L) Training by March 31.

NSTC is focused on ensuring that thousands of Naval Reserve Officers Training Corps (NROTC) midshipmen, Sailors and Marines at more than 150 colleges and universities around the country, officer candidates at Officer Training Command Newport, R.I., and recruits at the Navy's only boot camp, Recruit Training Command (RTC) Great Lakes, receive SAPR-F and L training.

"It's our responsibility (NSTC headquarters) to make sure that training is made available. The leaders have been trained who are going to present it (SAPR-F)," said Cmdr. Aquilla Causey, NSTC's N3 Operations officer and coordinator for the command's SAPR training. "This is a very big job, especially the tracking of the training within our domain. We've been getting outstanding cooperation from all our programs, have already completed the training of our trainers and are well into the training of our recruits, midshipmen and officer candidates."

The SAPR-F training is the latest in the Navy's aggressive efforts to prevent sexual assaults and promote essential culture changes within the force.

"Conducting this training at every command is absolutely vital to eliminating the crime of sexual assault in our Navy," said Capt. Vernon Kemper, OTC's commanding officer. "It is especially important here at Officer Training Command and every year we provide the initial training and mentorship to almost 65 percent of the Navy's newly commissioned officers - officers who will be leading Sailors in the fleet tomorrow. I tell each of these future leaders that I expect them to go out to their first assign-

ments and lead the positive change we need to remove sexual assault from our Navy."

There are 20 SAPR-F Master Mobile Training Teams (MMTTs) that began deploying around the globe Dec. 6, 2012, and have provided SAPR-F Preparation Training to designated mid-level leadership command training teams in fleet concentration areas and locations with significant Navy presence. These command training teams have then been delivering the SAPR-F training to their E-6 and below personnel.

"For units that are not close to an MMTT or are unable to make it to a training session, the training has also been posted to Navy Knowledge Online and it is also available through Defense Connect Online (DCO)," said Causey.

Capt. Joseph Bauknecht, University of Marquette NROTC commanding officer, said, "NROTC Marquette has stepped off smartly in compliance with the training. Our SAPR coordinator and senior enlisted recently completed the teleconference training via Defense Connect Online and are prepared to lead the underclassmen in this discussion."

Bauknecht and members of his staff also attended SAPR-L training at Naval Station Great Lakes, earlier this year.

"I am eager for myself and my staff to provide this training so that our midshipmen are best prepared when they enter the fleet. Sexual assault is a significant issue in today's Navy and Marine Corps, and their ability to prevent or respond to any such incidents as leaders will make them valuable contributors to our operational team," Bauknecht said.

The SAPR training is introduced by a member of the command triad (CO, XO, CMC) and facilitated by a team composed of one mid-grade officer, one chief petty officer, an observer who is a victim advocate (VA), Sexual Assault Resource Center representative, medical professional or chaplain.

"Our unit is filled with young cadets still honing their leadership styles and decision making skills. It's imperative that we

continue to teach our Sailors how to get 'in front' of the problem so we can stop sexual assault before it even starts," said Capt. Herbert M. Hadley, Jacksonville University NROTC commanding officer. "The SAPR-F training further cements, in their heads, the need to not only act responsibly but ensure others are doing so as well."

Sexual assault prevention is an important element of the readiness area of the 21st Century Sailor and Marine initiative, which builds resiliency to hone the most combat-effective force in the history of the Department of the Navy.

NSTC oversees all initial officer and enlisted accessions training for the Navy, with the exception of the officers produced by the U.S. Naval Academy. This training includes the Naval Reserve Officers Training

Corps program at more than 150 colleges and universities that either host NROTC units or have cross-town enrollment agreements with a host university. NSTC also oversees Officer Training Command in Newport, R.I., Recruit Training Command at Great Lakes, Ill., as well as the Navy Junior Reserve Officers Training Corps citizenship development program at more than 580 high schools worldwide.

Additional information about the MMTT and SAPR-L training efforts, including command registration for SAPR-F training is available at <http://www.public.navy.mil/bupers-npc/support/sapr/Pages/training.aspx/>.

For more news from Naval Service Training Command, visit www.navy.mil/local/greatlakes/.

Photo From The Fleet

Find out what our fellow shipmates are doing around the fleet at www.navy.mil



Photo by MC2 Corbin J. Shea

Leading Airman (Aircraft Handler) Wayne Bowring from the Royal Navy stands on the flight deck of the amphibious assault ship USS Kearsarge (LHD 3) while an MV-22 Osprey takes off. Kearsarge is participating in a composite training unit exercise (COMPTUEX) off the East Coast of the United States in preparation for an upcoming deployment this spring.

EXERCISE from Page 1

exercise participants hands-on experience of air, land and sea WMD interdiction tactics, techniques and procedural practices at multiple sites throughout Abu Dhabi. Exercises included chemical, biological radiological, nuclear and high-yield explosives interdiction; maritime visit, board, search and seizure; vehicle checkpoint quick reaction drills;



U.S. Marine Corps photo by MSgt. Salvatore Cardella

Italian service members secure the deck of a ship as part of a Visit, Board, Search and Seizure capabilities demonstration along with United Arab Emirates, Bahrain and U.S. military counterparts during fast rope techniques practice in the Port of Zayed area in Abu Dhabi, UAE as part of Exercise Leading Edge 13, Jan. 31. LE 13 is a multinational supported exercise designed to strengthen tactical proficiencies in critical mission areas of Weapons of Mass Destruction interdiction.

explosive ordinance disposal; and highly complex air WMD interdiction coordination and processes among international authorities.

The TTX took place in conference settings with delegates from the 29 participating nations sharing concerns and discussing PSI improvements through combined working groups.

LE 13 events concluded with the WMD interdiction capabilities demonstration and static display of personnel and equipment.

As the final demonstration wrapped up, participants shared their overall impressions of the exercise.

Danish Lt. Col. Jespen Thygesen said he feels the nations participating displayed the commitment necessary to succeed. "I can see really good spirit in the cooperation," he said. "This demonstration alone, combined with the participation, shows the pledge that these countries have made."

"This biennial exercise has brought many countries together for the common goal of PSI. And, through the combined and continued efforts of these countries to promote and expand PSI capabilities, the world will continue to move one step closer to the overall goal of peace," said Jordanian Col. Mekhled Al-Suheim.

"To be apart of this exercise and be in this environment with 29 other nations, sharing knowledge and information for the greater good, is a good opportunity. Many countries in the past have been incapable to implement interdiction effectively, and I think exercises like these are a great way to help build those skills. There should be more, and maybe some additional courses; PSI is a benefit for all who seek peace," he said.



Photo by MC1 (SW/AW) David R. Krigbaum

Navy College Office Bahrain provides higher education opportunities for service members in Bahrain and the region.

NCO from Page 1

"Mirza Henderson is one of the most committed directors I've seen in any service," said Dr. Marvin Canstagna, the NCO Bahrain Education Service specialist. "She believes in the program. She's committed to doing it, and her tenacity with getting things done with this program is far beyond any I've seen."

"I personally have a passion for this program because I am a product of the Navy College Program," said Henderson a former U.S. Navy surface warfare officer. "I feel like I've been part of the Navy College for many years. It made me who have become today."

This is the second time NCO Bahrain has won the award.

ADJUSTED MWR BAHRAIN HOURS OF OPERATION

MWR has adjusted some of its facility hours in response to the recent fiscal crisis. To do this, we evaluated current hours of operation to ensure that we minimize costs wherever possible while still ensuring that we can offer our services when our customer base needs them the most. The following will be changes/modifications to existing hours.

Effective Tuesday, February 26, 2013

Facility/Program	Days	Hours
Cinnamon Street Café	Sun-Sat	0600-2200
Taco Bell	Sun-Sat	1030-2200
Naps BBQ	Sun-Sat	1030-2000
Smash Hit Subs	Sun-Sat	1030-2000
Simply Smoothies	Sun-Sat	1030-2000
Shawarma Express	Sun-Sat	1030-1400 & 1600-1930
NSA Fusion	Sun-Sat	1030-1400 & 1700-2000
Bowling Center / Game Time Sports Grill	Sat - Wed	1100-2200
	Thurs-Fri	1100-2300
	Holidays	1100-2200
Fitness Center & Gym	Sun-Thurs	0500-2200
	Fri-Sat	1000-2200
	Holidays	1000-2200
Outdoor Gear Issue	Sun-Thurs	1000-1800
	Fri-Sat	Closed
	Holidays	1000-1800
ITT	Sun-Thurs	1000-1800
	Fri-Sat	Closed
	Holidays	1000-1800
Liberty Center	Sat - Wed	1000-2200
	Thurs-Fri	1000-2400
	Holidays	1000-2200
Library	Sun-Thurs	1000-1800
	Fri-Sat	Closed
	Holidays	1000-1800
Training Tank	Sun-Thurs	0600-1800
	Fri-Sat	1000-1800
	Holidays	1000-1800
Family swimming pool	Sun-Thurs	Closed
	Fri-Sat	1200-1800
	Holidays	Closed



We will monitor these closely over the next few months and make adjustments if necessary. We thank-you in advance for your understanding and promise to continue to strive to offer the same level of quality programs and activities to our NSA community - just smarter and more efficiently under unusual circumstances.



ITT

CAMEL FARM & SAUDI CAUSEWAY

Saturday, February 23

- Time: 1100 – 1400
- Min 5 people; ITT Price: \$5.00

SWIM WITH THE DOLPHINS

Friday, March 1

- Time: 1000 – 1300
- Min 8 people; ITT Price: \$49.00

HORSE BACK RIDING

Saturday, March 2

- Time: 0900 – 1300
- Min 8 people; ITT Price: \$26.00

SIGHTSEEING TOUR

Sunday, March 3

- Time: 0900 – 1500
- Min 5 people; ITT Price: \$10.00

COOKING DEMONSTRATION OF ARABIC FOOD & DINNER

Thursday, March 7

- Time: 1645
- Min 5 people; ITT Price: \$23.00

For more information, call x-3531

All dates and times are subject to change

Movie Theater Announcement

We are excited to announce that we are in the process of renovating and installing new digital equipment for the MWR Movie Theater. This will allow us to offer first-run movies the day that they are released in the U.S. During this time, the base theater will be temporarily closed beginning Mon. December 10th.

We apologize for any inconvenience this may have caused. We look forward to enhancing your recreational experience in the future.

MWR

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil

If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



MWR NSA BAHRAIN COMMUNITY YARD SALE

BUY or SELL - USED or UNUSED, IN GOOD CONDITION
APPLIANCES • ELECTRONICS • CLOTHES • DECORATIONS • BIKES

Sat. March 2nd & Sat. April 6th

0900-1200

at the Freedom Souq Courtyard

**Hurry VENDORS!!
Reserve your table today!**

Cost of table: \$5.00 / 1 Vendor per table

Last day to sign up at the ITT office is the Thursday before each event.

FOR MORE INFORMATION, CONTACT: MARIO FARRULLA @ 439-4927 OR
MARIO.FARRULLA@ME.NAVY.COM



Thursday, February 21
8 Ball Pool Tournament

- Time: 1100

Foosball Tournament

- Time: 1700

Saturday, February 23

Show a Dog Some Love - Volunteer at the Animal Shelter

- Time: 0900

Sunday, February 24

Sunday Sundaes

- Make your own ice cream sundaes. Free

Monday, February 25

Speed Pool

- Time: 1130; Free Pizza for players

Tuesday, February 26

SNAG

Thursday, February 28
\$3 Mall Trip

Friday, March 1

Foosball Tournament

- Time: 1600

Sunday, March 3

Sunday Sundaes

- Make your own ice cream sundaes. Free

Monday, March 4

Speed Pool

- Time: 1130; Free Pizza for players

Wednesday, March 6

Video Game Tournament

- Time: 1700

For more information, call the Liberty Center at 439-3192